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The Toronto School Nurses have organized a "Canadian Public School Nurses' Association." Its object is to promote the best standards of health among our school children and to establish friendly relationship and unity among all school nurses. They hope to make it international in the near future.

(To be continued)

MORAL PROPHYLAXIS

By GEORGE P. DALE, M.D.

Dayton, O.

(Continued from vol. xi, page 1028)

PROSTITUTES AND PROSTITUTION

PROSTITUTION is one of the chief banes of civilization, and is one of the most important and vital problems with which society has to deal. It may well be regarded as a disease of the body social, an epidemic of almost universal prevalence. A discussion of the subject is tabooed in polite circles. When the social evil is mentioned society stops its ears or runs away from the issue altogether. Prostitution will continue so long as human passions, uncontrolled by higher ideals and ambitions, dominate the human will. It will also continue so long as social and economic conditions put matrimony beyond the reach of a large portion of the male population and makes honorable self-support impossible to the great majority of females.

The larger and more cultured the community, the more prevalent and vicious prostitution becomes.

The elements in the etiology of prostitution are somewhat numerous but for the most part not difficult of detection. Poverty, ignorance of a useful occupation, inability to get an honest living, insufficiency of wages to afford decent support, the herding of large families in small tenements so that the sexes are brought into physical intimacy, evil training and immoral associates, overweening love of dress and display, the attraction of a life of indolence, seduction effected through misrepresentations of its harmlessness or through promise of marriage—these are the prominent factors in supplying recruits to the ranks of prostitution, but more potent than any and all of these is ignorance of the laws of being, and of the ethical principles which ought to guide conduct.

There is little doubt in my mind, that at a most conservative estimate half a million prostitutes are living in houses of ill-fame in

our large cities and probably as many more are living outside, as inside, of disreputable houses. It is estimated that 40,000 to 50,000 prostitutes die annually and that their places are immediately filled by new recruits. While much of this mortality may be due to dissipation, at least 30 per cent. of it is due to the direct effects of gonorrhœa. Every one of those women is a victim of defective education. Had most of them known the simple truths concerning sexual physiology and hygiene, the meaning of sexual passion, the dangers of venereal diseases, and been taught the real interest in life, society would have been saved their loss. In New York alone there are from 40,000 to 50,000 prostitutes, 10,000 of whom came from respectable homes, and there are 10,000 more little girls growing up to take their places. It is not altogether the existing 10,000 that concern us the most, but the 10,000 and more who are coming on.

Two interesting features of this subject should not be overlooked; one is the fact that, while the laws regulate the prostitute, the male offender, who is her cause, her patron, and the vehicle by which diseases are conveyed to the innocent—the male offender may go on his way. Another important feature is that the chief patron of this house of prostitution is the married man. Another point that might be brought out is that women are the most pitiless and unrelenting in their ostracism of those of their sex who have fallen from virtue. The virtuous matron who would shield her daughter from all contact with a fallen sister as contaminating, smiles upon the very man who may have been the author of her ruin. As a result of this double standard of morality, society practically separates its women into classes; from one it demands chastity, the other is set apart for the gratification of the sexual caprices of its men.

Very many well-meaning physicians believe that in the legal regulation and segregation of prostitutes and their regular examination we will find a remedy for all those social evils. If they will investigate the recent history of prostitution on the European continent they will learn that these means have been tried faithfully and found wanting. The percentage of syphilis in Paris, Berlin, and Vienna increases year by year in spite of governmental control of prostitution.

American cities can do little good by licensing prostitutes. Where this has been done the police and politicians have taken their earnings. In New York City there are at least 30,000 prostitutes whose earnings are at least \$60,000,000 a year. The amount of venereal disease which they diffuse is incalculable. Municipalities can better devote their energies to teaching and warning against her than in regulating her in business. Education is cheaper and more effective.

All representative measures employed by the state to crush out the evil have been directed against the women. All sanitary regulations to stamp out the diseases incident to vice have applied only to the women. All moral crusades to purify the social atmosphere have been directed against the women alone. They have culminated in descents upon houses of prostitution; the impounded women are fined or sent to the work-house, while their equally guilty male partners are allowed to go scot-free. This one-sidedness of repressive, sanitary and preventive measures is opposed to the principles of justice and equity, as it attacks only one factor in the spread of vice and disease. Society, by holding the female offender alone guilty, propagates the false idea that there is a different standard of morality for men and women.

The experience of centuries has shown that prostitution cannot be annihilated by force. In the existing economic and moral conditions of society it is a necessary evil, not in the sense of being indispensable, but inevitable, and the only relief lies in the correction of the conditions of which it is the outgrowth.

EDUCATIONAL FEATURES

I wish now to bring to your attention a few suggestions and thoughts regarding the education of the coming generations upon matters of sex and venereal diseases.

The discussion of sexual morality has been a much avoided subject until very recent times. The alarming prevalence of venereal diseases called attention to the necessity for discussion. Then it was found that the people knew really very little of sexual hygiene. It is to the credit of the medical profession that this question is beginning to receive the attention which its importance merits. Neglected by the church, posing as the guardian of public and individual morality; ignored by the school from which the child should receive right instruction; and avoided with prudish cowardice by the parent—this question of sexual morality has been left for elucidation to the gamins of the street and the inmates of the brothel. The first that most children learn of it is from the most vulgar of their playmates. This most important subject is taught by the most immoral teachers. It is to be hoped that the attention now being given it may increase in power and results.

The popular impression that those are "shameful diseases" to be designated as venereal diseases is scientifically incorrect, since millions of guiltless persons acquire them; since they are possible through common utensils and contact, without any affection of the generative tract. It would greatly aid popular education for the preservation of

the innocent and helpless if this name were dropped and the idea corrected.

As we have seen, prostitution is responsible to the greatest extent for the dissemination of venereal diseases. In the toleration of this evil by society too much stress has been laid upon the woman's part in dissemination and too little on the man's. It is time that there should cease to be recognized a different code of morals for men and for women. That which is wrong in woman is equally wrong in man, and in the diseases under discussion the man is the chief offender. The starting point in the crusade should be the inculcation of this fact in the minds of the laity, and for this we need a new and a radical system of education. Gonorrhœa and syphilis will disappear as epidemic diseases when chastity is demanded of men as rigidly as it is demanded of women. The man has for ages demanded that his wife be pure. Let the woman now demand that her husband be, and continue to be, pure, and a revolution will be accomplished at one stroke.

The American Society of Sanitary and Moral Prophylaxis which was organized in New York, February 12, 1905, has for its purpose "An organized defence against a class of diseases which are most injurious to the highest interests of society." This society has three chief educational aims:

1. The general dissemination of knowledge among the public respecting the extent of these diseases and their dangers to the individuals and to society.

2. The education of the rising generation in the knowledge of the laws of life and sex, and the dangers which come from the unnatural or irregular exercises of the sex function.

3. General enlightenment of the public as to the communicative modes of these diseases, direct and indirect, and especially the terrible consequences to the innocent members of society from infections introduced into marriage.

Every boy or girl has a claim to knowledge:

1. Of the functions and hygiene of the chief organs of the body, including the reproductive system.

2. Of the meaning of sex, marriage and home-making; of the sacredness of parental life; the influence of heredity and consequent duty of right living even when young; of the responsibilities of parenthood.

3. That handling the organs of reproduction, except as necessary for cleanliness, injures, sometimes health, and always mind, character and sense of honor, causing greater mental and moral harm as one grows older.

4. Of the most prevalent contagious diseases such as tuberculosis, syphilis and gonorrhœa; their danger to every person indicated by statistics; their many methods of communication, including the fact that syphilis and gonorrhœa exist almost universally among those who lead immoral lives, a reason for avoiding such men and women as one avoids those with diphtheria and small-pox; that they are more difficult to cure than other diseases, contagious, and their harm is more far-reaching.

5. Of the normal phenomena of adolescence; the physiological influence on health, minds and morals of clean thoughts, reading, conversation, entertainments and companions; the value of occupation and physical exercise in keeping thoughts and habits pure and preserving good health.

Every girl has a claim to instruction concerning the hygiene of menstruation, the function and sacredness of motherhood and the care of infants.

Every boy has a claim to instruction concerning the value of continence and avoidance of ignorant and evil advisers in this matter, of the sacredness of fatherhood and the duty of protection of all girls and women from evil as he would protect his sister or mother.

It was recently written that "It is a cardinal sin to allow a son to reach manhood years without knowing all that pertains to good, pure, refined womanhood—all that chastity, wifehood and motherhood means to a woman." But we may say that it is also a cardinal sin to allow a daughter to grow up and blossom into womanhood without knowing all that she should know as a woman, as a prospective wife, and future mother.

(To be continued)

THE CAUSES AND SYMPTOMS OF HEADACHES

By ANNE E. PERKINS, M.D.

SURELY no one symptom is so frequently complained of to the physician as headache. It is found in almost every case of impaired health, whether functional or organic, acute or chronic. It introduces all infectious and toxic diseases. It has been said to be also "a current conventional lie," "a mendacious excuse," in social life. If any woman does not wish to receive a caller or pay an unwelcome visit, she "has a headache" which there is no gainsaying. Headache has been defined as a periodical agony, the burden of suffering of civilized people. And yet, in spite of its extreme commonness of occurrence, the thorough